



Peterhead Athletics Club Members Bulletin #4 January 2022



www.peterheadathleticsclub.co.uk

WELCOME TO ALL NEW AND EXISTING MEMBERS OF PAC

Happy New Year and welcome to our 1st bulletin of 2022! We hope you enjoy reading this latest update to what's all going on within your club. Since our last bulletin in October 2021 there have been plenty of athletics activities to tell you about.

In the past 3 months, we've had the cross-country season get underway in early October and the indoor track & field season starting up again in December. Great to see the return of the indoor events to the calendar as the whole of the 2020-2021 season was wiped out due to the Covid-19 pandemic. We also began a new Seniors Progressive training group in November being run by coaches Babs-Anne and Alison. As always, many other road race and ultra-running events have been taking place too.

PAC 10K

Our redesigned PAC 10K route which was held for the first time at Catto Park back in November was a great success. It was an extremely windy day, but 148 out of the 200 entrants braved the conditions to take part in the race. Keith McIntyre of Fraserburgh Running Club was 1st across the finish line in a time of 34:31. Our very own Shelly Lawson took the honours of 1st female finisher in 38:52 which also gained her a new 10K senior woman's club record too. Thanks again to all those who volunteered to marshal and help us out on the day.

Here's a full list of the PAC finishers;

Male

1. Mark Beagrie - 37:14 (5th)
2. Ross Aird - 38:06 (10th)
3. Dave Fraser - 38:59 (15th)
4. Graham Steele - 41:39 (29th)
5. John Robertson - 44:35 (52nd)
6. Ewan McGee - 47:56 (71st)
7. Martin Kerrigan - 55:42 (115th)

Female

1. Shelly Lawson - 38:52 (14th) new SW CR
2. Kelly Cruden - 47:49 (68th)
3. Rebecca Clueit - 53:33 (102nd)
4. Barbara-Anne Needs - 57:13 (117th)
5. Katy Bruce - 65:38 (136th)

CROSS COUNTRY / INDOOR TRACK & FIELD / ROAD RUNNING HIGHLIGHTS

CROSS-COUNTRY (XC)

The cross-country season kicked off on the 2nd October with some of our juniors taking part in the 1st event of the Livingston XC series. Hollie Steele (U11), Sophie Needs (U11), Jessica Needs (U13) and Ellie Hood (U13) all competed. U11's ran a 1.3k course with Hollie finishing 11th in 6:02 and Sophie 38th in 8:28. U13's ran a 1.7k course with Jessica finishing 13th in 6:41 and Ellie 35th in 8:06. Well done girls!

On the 9th October at Nairn we had a girls team of Jessica Needs, Emma Steel and Holly Balloch and a Masters woman's team of Barbara-Anne Needs, Alison McGee and Linda McGee taking part in the North District XC relay Championships. The girls team finished 8th out of 8 teams and the Masters women were 9th out of the 10 senior woman and Masters teams. Great team effort girls!

The regular North District XC season began at Forres on 16th October with a great contingent of 16 athletes there to represent PAC. First up we had U11 girls Hollie Steele and Sophie Needs running a 1.6k course with Hollie finishing 6th in 6:48 and Sophie 13th in 9:55. U11 boys Max Taylor and Euan Steel were next up, running the 1.6k course with Max finishing 20th in 8:22 and Euan 22nd in 9:36. We then had the U13 girls of Jessica Needs, Emma Steel and Ellie Hood running a 3.4k course with Jessica finishing 3rd in 16:12, Emma 12th in 19:28 and Ellie 20th in 22:00. In the U15 boys race we had Jack Findlay and Finley Collins running a 5k course. Jack finished 19th in 25:57 with Finley not far behind him in 20th in 26:27. The senior/masters woman's race over 7.2k had Linda McGee, Barbara-Anne Needs and Alison McGee all running. Linda finished 17th in 39:01, Babs 30th in 46:09 and Alison 32nd in 56:48. The final race of the day saw Mark Beagrie, Ryan McRae, Graham Steele and Andy Steel all running the 9.6k senior/masters men race. Mark finished 15th in 39:01, Ryan 18th in 39:56, Graham 25th in 41:48 and Andy 41st in 59:29. Well done team PAC!!!

On the 6th November we had one athlete representing PAC at the Scottish Short Course XC Championships in Lanark. Ewan Calder was one of a field of 421 men competing in the event. Ewan finished the 4k course in 242nd place in a time of 15:24. Very well done Ewan in the tough and windy conditions.

The 2nd XC run of the North District XC season was held at Evanton on 13th November with 11 athletes taking the long trip up there to represent PAC. U11 girls Hollie Steele and Sophie Needs ran a 1.6k course with Hollie finishing 6th in 7:28 and Sophie 14th in 11:50. U13 girl Jessica Needs ran a 3.2k course finishing 8th in 14:17. In the U15 boys race we had Jack Findlay running a 4.8k course. Jack finished 17th in 23:11. The senior/masters woman's race over 6.4k had Linda McGee, Barbara-Anne Needs and Alison McGee all running. Linda finished 19th in 33:24, Babs 30th in 39:27 and Alison 33rd in 48:37. We then had Ross Aird, Dave Fraser, Graham Steele and Jonathan Needs all running the 9.6k senior/masters men race. Ross finished 21st in 40:18, Dave 24th in 40:59, Graham 30th in 42:40 and Jonathan 46th in 57:07. Well done everyone!!!

The 3rd XC event of the North District XC season which was due to be held at Inch on the 27th November had to be cancelled because of Storm Arwen.

On the 4th December the North District XC championships were held at Gordonstoun near Elgin. U13 girl Jessica Needs ran a 3k course and finished 11th out of a field of 27 runners in a time of 16:14. Our only other competitor representing PAC was Andy Steel in the Seniors/Masters Men 8k race, finishing 91st in a time of 45:38.

The Inter-District XC Championships were held on the 15th January at Irvine. Jessica Needs was selected to represent the North District at the event in the U13 girls category and got to wear the red Scottish North vest. The Irvine Beach Park course is a challenge for an athlete of any age and Jessica finished in 37th place out of the 43 runners.

The 4th XC event of the North District season was supposed to have been held at Aden Park on the 22nd January and hosted by our club. Sadly, due to the tree damage at Aden Park caused by Storm Arwen back in November it was not possible to run this event. Instead the previously cancelled Inch event was rescheduled to this date. We had a total of 10 juniors and 10 seniors/masters all competing for PAC at Inch. First up we had U11 girls Hollie Steele, Sophie Needs and Skye Masson running a 1.6k course with Hollie finishing 5th in 6:55 and Sophie 8th in 9:54. Unfortunately Skye was unable to finish the race but a big well done to her for coming and trying XC. U11 boys Angus Robertson, Jakob Whitham and Alasdair Fraser were next up, running the 1.6k course with Angus finishing 5th in 6:49, Jakob 6th in 7:07 and Alasdair 12th in 9:41. We then had the U13 girls of Jessica Needs and Emma Steel running a 3.2k course with Jessica finishing 7th in 12:53 and Emma 17th in 16:08. In the U15 boys race we had Finley Collins and Jack Bruce running a 4.6k course. Finley finished 11th in 23:56 and Jack was 12th in 26:50. The senior/masters woman's race over the 6.9k course had Linda McGee, Barbara-Anne Needs, Katy Bruce and Alison McGee all running. Linda finished 27th in 38:18, Babs 29th in 39:56, Katy 33rd in 45:52 and Alison 34th in 48:32. The final race of the day saw Mark Beagrie, Dave Fraser, Graham Steele, Richie Masson, Andy Steel and Andy Thom all running the 9.2k senior/masters men race. Mark finished 13th in 35:22, Dave 17th in 37:05, Graham 33rd in 40:17, Richie 35th in 41:26, Andy S 44th in 54:10 and Andy T 47th in 62:13. Well done to all of team PAC!!!

INDOOR TRACK & FIELD

The indoor season got underway on the 12th December with an OGM held at the Aberdeen Sports Village. We had Skye Masson, Max Taylor, Ellie Hood, Jessica Needs, Georgia Milne, Finley Collins, Mark Beagrie and Barbara-Anne Needs all competing. Many athletes achieved new pb's in either the 60m, shot put or long jump events. Well done to Finley Collins who broke the U17 Men's long jump record with a jump of 4.27m. There were also new club records in the 60m for Mark Beagrie (M35) 8.45s and Barbara-Anne Needs (W40) 11.55s.

On the 18th December the Glasgow 12's Fun Day and Yuletide OGM were held at the Emirates Arena. In the U12's fun day in the morning we had Sophie Needs, Hollie Steele and Alasdair Fraser all competing over the 5 events. There were pb's for all three in both the 60m and 200m events with Sophie and Alasdair's times in the 200m being new club records. They also did shot put, long jump and 60m hurdles.

In the afternoon, Jessica Needs and Barbara-Anne Needs competed at the Yuletide OGM. Jessica (U15) achieved a new club record for the 800m and a new pb in the shot put. Barbara-Anne (W40) achieved two new club records in the 200m and shot put.

On the 8th January, Jessica Needs competed in the 1500m at the National Indoor Open held at the Emirates Arena. Jessica ran 5:35.11 to achieve a new indoor club record in the U15 girls category.

On the 16th January the 2nd AAAC OGM was held at the Aberdeen Sports Village. We had Skye Masson, Jessica Needs, Georgia Milne, Finley Collins, Mark Beagrie, Richie Masson, Barbara-Anne Needs and Katy Bruce all competing. Many athletes achieved new pb's in either the 60m, 60m hurdles, shot put or long jump events. There were also new club records in the 60m for Richie Masson (M40) 8.70s, and Katy Bruce (W40) 10.73s and in the shot put for Richie Masson (M40) 8.45m and Mark Beagrie (M35) 6.32m.

ROAD RUNNING / TRAIL / ULTRA

On the 1st October we had the return of the Proms 3k Winter Series at the Aberdeen beach promenade. The 1st of the six events in the series saw Andy Davidson, Kelly Cruden and Alison McGee all taking part. Andy finished 36th (12:23), Kelly 38th (12:32) and Alison 84th (17:55).

On 3rd October we had Ryan McRae, Mark Beagrie and Jennifer Robertson running in the Baxters River Ness 10k at Inverness. Mark finished 23rd in a new pb & club record (M35) time of 35:41, Ryan was 31st in 36:43 and Jennifer 77th in 41:42. Jennifer was 2nd female in her W40 category and received a trophy.

We also had Richie Masson and Barbara-Anne Needs taking on the Baxters Loch Ness Marathon with Richie finishing in a time of 4:25:42 and Babs in 5:35:38.

Also, on the same day, Ross Aird ran the London marathon, finishing in an impressive time of 2:46:24 and smashing the previous club record for the M35 age category. Excellent run Ross!

On 10th October, Graham Steele ran the Manchester marathon finishing with a fantastic new pb time of 3:24:05. Well done Graham!

On the 16th October there was the Dramathon event in Dufftown. Billy Riddell (56:26) and Bobby Davidson (57:42) both ran the 10k and James Wilson (1:56:08) and Martin Kerrigan (2:04:49) completed the Half Marathon. A few whisky miniatures gained there to take home and celebrate with. Very well done guys!

On the 17th October there was the Mel's Mile which took place at ASV. The 1st of a trio of events in support of the Gathimba Edwards Foundation entitled the Safari Series. Mark Beagrie and Linda McGee both took part in the event. Mark was 2nd in the fastest of the four separate heats in a time of 5:09.90 and Linda finished 7th in heat 2 with 6:15.72.

On 23rd October, Kelly Cruden ran the Old Mart Gym 10k in Maud finishing in 2nd place overall and 1st female in a time of 48:09. Well done Kelly!

On 31st October, Dave Fraser ran the Glenlivet 10k. On what was a tough hilly course by all accounts, Dave finished in 17th place overall and was 8th male veteran in a time of 39:35. Great run Dave!

On 6th November, James Wilson ran the 10k Chilli Trail Race in Auchterarder, finishing 54th in a time of 53:32.

On the 13th November it was the 2nd event of the Proms 3k Winter Series at the Aberdeen beach promenade. This time we had Mark Beagrie, Kelly Cruden and Alison McGee all taking part. Mark finished 8th (10:08), Kelly 42nd (12:26) and Alison 85th (17:59).

On the 14th November there was the 2nd event of the GEF Safari Series. This time it was a 5k run at Hazlehead in Aberdeen. Mark Beagrie and Linda McGee both took part in the event. Mark finished 2nd in 17:40 and Linda was 25th in 23:53.

On the 21st November, John Robertson, Kelly Cruden, Joe Strachan, Richie Masson and Andy Thom ran the Fraserburgh Half Marathon. John finished 48th place overall and was 3rd in his male vintage category in a time of 1:32:58. Kelly was 102nd overall and 3rd female veteran in 1:45:25. Joe finished 136th in 1:52:39, Richie 174th in 1:59:05 and Andy 210th in 2:15:15.

On the 3rd December the 3rd event of the Proms 3k Winter Series was held at the Aberdeen beach promenade. This time we had Andy Davidson and Alison McGee taking part. Andy finished 30th in a new M55 club record time of 11:56 and Alison was 81st in 17:58.

On the 5th December there was the 3rd and final event of the GEF Safari Series. This time it was a 3k run around the Prime Four business park at Kingswells in Aberdeen with Mark Beagrie and Andy Davidson both taking part. Mark finished 5th in 10:04 and Andy 25th in 12:08 in the 3k 'A' race. Well done to Mark, Linda and Andy who all earned some animal themed medals for competing in the Safari Series events.

Also, on the 5th December, Kelly Cruden ran the 5k Den Dasher race at Turriff, finishing 13th overall and 2nd female in a time of 23:07.

On the 7th January the 4th event of the Proms 3k Winter Series was held at the Aberdeen beach promenade. This time we had Mark Beagrie and Kelly Cruden both taking part. Mark finished 9th in a new M35 club record time of 9:57. This run was the first sub 10 minute 3K achieved by any PAC member past or present so a very well done to Mark. Kelly also ran superbly well to finish 40th in a new pb time of 12:00.

Many athletes have as usual also taken part in several Parkruns over the past few months too. If you're new to the club or have recently started running, then the weekly 5k Parkrun events are a great way to keep motivated and for setting yourself some personal goals to achieve. Our nearest Parkrun is held in Ellon. For more details you can visit: www.parkrun.org.uk/ellon/

JUNIOR MILE / SENIORS 3K SERIES

Thanks to all those seniors who gave us feedback to our questionnaires on our 1st series that took place last year – much appreciated. Planning is underway to improve upon things and to make this year's series bigger and better than the last. Keep an eye out for information and dates for the coming 2022 series.

Well done everyone who came along on Christmas Eve to take part in our Christmas junior mile fun run. It was great to see so many of you dressed up for the occasion.

CLUB STANDARDS

We hope that many of you are already getting on well in your attempts to achieve a club standard this year. The qualifying period is open till 30th September 2022 so still loads of time yet to enter events and achieve one. As a reminder or to any new members - there are 5 standards available, DIAMOND, GOLD, SILVER, BRONZE and COPPER. These in turn are set for 6 race distances – 3K, 5K, 10K, 10 Miles, Half Marathon & Marathon.

Awards - You will have to complete **THREE** out of the six distances at or below the times stated for your age category, you can of course complete up to all six distances, if you so wish, within the qualifying period. To obtain your standard, simply submit your three best runs out of however many distances you have completed. For full details visit – www.peterheadathleticsclub.co.uk/clubstandards



A reminder to parents of our junior athletes that the junior version of club standards are the Thistle Awards. The club are registered with Scottish Athletics for this and to be in with a chance of a Thistle Award, athletes must compete for PAC in a minimum combination of 1 running, 1 jumping and 1 throwing event during the indoor/outdoor seasons. We'd like to see as many of our junior athletes achieving these awards as we can so please get your child involved in competing for PAC at events.

OTHER UPCOMING EVENTS

The cross-country (XC) season is still ongoing. The North District XC league events that are still scheduled to take place are as follows;

5th February – Nairn

19th February - Forres

Keep an eye out on the North District XC league website for all the information on each event –

<https://www.northleague.co.uk/fixtures>

Other key XC events still to take place are;

5th February – Aberdeen (Scottish Masters XC championships – ages 40+)

26th February – Falkirk (Scottish XC age group championships – U13/U15/U17/U20/Sen/Masters)

The indoor season is in full swing with many events taking place up until the end of March.

Some key indoor events still to take place are;

29th & 30th January – Scottish indoor combined events championships (U13/U15/U17/U20/Sen - Emirates Arena)

6th February – Aberdeen AAC OGM (all age groups / ASV)

13th February – Scottish indoor Masters championships (Ages 35+ / Emirates Arena)

19th & 20th February – Scottish indoor championships (U13/U15/U20 - Emirates Arena)

6th March – Aberdeen AAC OGM (all age groups / ASV)

Please note that entry to events open well in advance and there is normally a limited number of athlete places available. To avoid disappointment, please go to the official SA website events calendar to check entry dates for a particular event and sign up ASAP.

MEMBER SPOTLIGHT

In this edition of members spotlight we have chosen Alison McGee, who recently received the PAC Female Athlete of the Year award for 2021.



For those who know Alison you will know she is a bubbly outgoing person who is always up for a challenge, be it running or fitness, and loves to motivate others to get involved in all athletics activities too. Alison only took up running at the beginning of 2017 when she joined the Peterhead Jog Scotland group and was one of those who could barely run for 30 seconds without having to stop and walk. Believe it or not but this was a huge achievement for her at the time because in late December 2015, Alison suffered a serious lower back injury and without a life-saving operation would've been paralysed from the waist down. For the whole of 2016 she battled just to walk properly again but through sheer willpower, determination and her never say die attitude she amazed everyone and made it through and with those first few strides in January 2017 her running journey began.

Alison slowly but surely progressed with her ability and within the space of 3 months was able to run her first ever 5k at the Ellon parkrun in just over 39mins and then in May 2017 her first 10k at the Broch in 79mins. In March 2018 she completed the Inverness Half Marathon alongside her friend Kath in a time of 3hrs 6mins, an amazing accomplishment

given the condition she had been in just over two years previously. Since then her pb's (official) in these events have improved to 31:12 for 5k, 70:21 for 10k and 2hrs 38mins for the half marathon. Due to the lasting effects of the back injury she suffered she will never be one of the fastest runners out there but just being able to run and take part in a race is enough to keep that smile on her face (as evidenced in the above photo).

Not content with just simply sticking to the road running, Alison has also competed at various track & field OGM's in the likes of the 100m, shot put, javelin and discus events. At the age of 50 there is no sign of her slowing down either so when the cross country season started in October last year, she decided she would give it a go too. Running through muddy fields in the cold, wet, windy and sometimes snowy conditions is certainly not everyone's cup of tea but as mentioned before, Alison is never one to back down from a challenge.

Last November, Alison teamed up with fellow coach Babs-Anne to launch the new Seniors Progressive Group which now takes place on a Tuesday night. Both are delighted to have seen the response to the new group with the number of new members joining the club and the positive feedback they have received after each session. Alison is more than happy to run around the track at these sessions to encourage people on.

Alison has been a source of inspiration to many within the fitness circles of Peterhead and not least of all to her husband Ewan who is also a member of the club. More than 30 years ago Ewan was a junior athlete of PAAC but had since given up running in his mid-teens. Having seen her achievement of finishing the Inverness Half Marathon in 2018 this inspired Ewan to follow in her footsteps and take up running once again. They can now often be seen out running the streets of Peterhead together on a Thursday night as part of Alison's small Hills & Intervals training group which she named Happy Feet.

Besides all the running, Alison is also a qualified field official and was recently promoted to level 3. Whilst her daughter Ellie (who competes for Aberdeen AAC and is also a member of PAC) goes to athletics events around the country, Alison likes to get involved in helping to officiate.

Well done on all your achievements so far Alison, we always need more positive minded people like you around to spur us on to bigger and better things. Onwards and upwards!

CONTACT INFORMATION

Should you require further information on any of the above or have items you would like us to include for any future club bulletins, please contact Linda McGee;

chair@peterheadathleticsclub.co.uk

Alternatively, you can also contact Mary Milne;

secretary@peterheaathleticsclub.co.uk

If anyone has missed or would like to read any of the previous three bulletins, then please get in touch on the above mentioned email addresses and we can send copies to you.

We'll be back with more news for you in the springtime. Till then enjoy your running and stay safe & healthy!

Peterhead Athletics Club

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